



# LET'S KEEP IT CLEAN!

## MAINTAINING A HEALTHY ENVIRONMENT FOR CHILDREN

### WASH THOSE HANDS!

Washing your hands and the children's hands well and often is the most important thing you can do to prevent the spread of illness!

Wash children's hands with soap and warm running water at the following times:

- Before preparing or eating food
- After toileting
- Whenever dirty
- After sneezing in hand or blowing nose

Wash your hands with soap and warm running water at the following times:

- Before preparing, serving, and/or eating food
- Between each feeding of infants
- After you use the bathroom
- After every time you handle diapers, soiled clothing, toilets, potty chairs, or a sick child

Soap my be:

- Liquid type from a dispenser OR
- Bar soap stored in a self-draining manner

Drying of hands should be done with:

- Single use paper towels OR
- Other approved hand drying devices
- NOT cloth towels used by more than one person. Common use of towels by more than one person is a sure way to spread illness!

### BUT IT IS REALLY CLEAN?

#### WASH THOSE SURFACES USED BY CHILDREN!!

General cleaning and sanitizing procedures:

1. Wash surface or article vigorously with warm water and detergent.
2. Rinse with clean water.

3. Submerge, wipe, or spray with solution of one (1) tablespoon of chlorine bleach in one (1) gallon of warm water. Chlorine bleach is recommended since it is readily available, inexpensive, effective, and safe in proper dilution.

4. Sun or air dry.

For hard, nonabsorbent surfaces:

- Homes and centers caring for infants and toddlers should daily wash, rinse, and sanitize with a safe sanitizing solution those articles and surfaces that have been or are likely to be placed in children's mouths or in contact with the mouth. Examples of articles and surfaces are crib and playpen rails, tabletops, teething rings, rattles, pacifiers, dishes and cups use for play, etc.
- Wash, rinse, and sanitize all other toys and surfaces when visibly dirty or contaminated with vomit, feces, urine, nasal discharge, etc. Develop a cleaning schedule for these items also, so that procedures can be accomplished at regular intervals.

For absorbent items (e.g. stuffed toys, bedding, dress-up clothes, etc.):

- Use only launderable stuffed toys and dress-up clothing.
- Launder stuffed toys, sheets, and blankets at least weekly for infants and every two weeks for toddlers and preschoolers. Also, launder when visibly dirty or contaminated with vomit, feces, urine, or other bodily discharges. Items should be washed in HOT water.
- Laundered bedding items should be protected from contamination by being properly stored, such as in closet, on a shelf, or in a drawer. Do not store items on the floor.

#### For carpeting:

In those cases where infants and toddlers are allowed to play/rest on carpeted floors, extra precautions need to be taken as follows:

- Vacuum the carpet daily
- Wash the carpet at least quarterly by the extraction method
- Spot clean the carpet immediately when an area is visibly dirty or contaminated with vomit, feces, or urine. Spot clean the carpet with a commercially available product intended for that purpose.

### EVERYONE'S FAVORITE SUBJECT: TOILETING AND DIAPERING

#### Diapering surfaces and areas should be:

- Away from food preparation, storage, and serving areas.
- Conveniently located to hand washing sinks, not used for food preparation.
- Covered with a smooth, nonabsorbent surface or a plastic covered pad with no cracks or tears. When a child is changed in a crib, bed, couch or on a canvas cot, this type of nonabsorbent surface should be available to be placed under the child. If disposable materials such as shelf paper, wax paper, scrap computer paper, cut-up paper bags, etc., are used on top of the changing surface's nonabsorbent pad, they shall be disposed of in a covered container after each diapering change.

- Washed and sanitized as outline above in "BUT IS IT REALLY CLEAN?" every time the surface is dirty.

#### Soiled disposable diapers

- Should be stored in a nonabsorbent, easily cleaned container with a tight fitting lid.
- These containers should be emptied when full or at least daily. Clean and sanitize the containers daily. The use of plastic liners in containers is recommended.
- Diaper pails should be kept out of the reach of children.

#### Soiled cloth diapers are to be handled as follows:

- Dispose fecal matter in the toilet
- Place in a plastic bag that can be closed securely
- Store in a place away from food and out of reach of children

#### Potty chairs should be:

- Away from the play area and kitchen or other food preparation, storage, and serving areas. It is recommended that potty chairs be used in bathrooms or toilet rooms.
- Conveniently located to hand washing sinks.
- Emptied after each use and washed with a strong spray of soap and water. When possible, use potty chairs that fit over a regular toilet.
- Washed (the entire chair) with soap and water when visibly dirty.

*This publication provides licensees with consultation regarding licensing rules dealing with health and sanitation, specifically:*

*R400.5902, R400.5209, and R400.1822. Information developed from information provided by the Division of Environmental Health, Michigan Department of Public Health.*